

# SHORT SPRINT WORKOUTS

## JANUARY 25-29, 2010

- MON. JAN. 25    800m MOBILITY JOG  
3 X 200 @ +6/200 (3:00)  
5 X SPRINT E.O. STAIR  
800m EASY JOG WARMDOWN
- TUE. JAN. 26    800m MOBILITY JOG  
3 WARMUP STARTS 3 X REACTION STARTS  
2 X 300 @ 47 (30/200) 10:00 REST  
1 X 200 @ +5/200  
800m EASY JOG WARMDOWN
- WED. JAN. 27    800m MOBILITY JOG  
4 X 200 EXCHANGES  
1 X 250 @ 28M/32W/200 (12:00)  
800m EASY JOG WARMDOWN
- THU. JAN. 28    800m MOBILITY JOG  
3 WARMUP STARTS; 3 X 55 W/REACTION  
6 X 100 FAST (2:00)  
800m EASY JOG WARMDOWN
- FRI. JAN 29    800m MOBILITY JOG  
3 X CURVE STARTS (FULL) 3 X STRAIGHT  
4 X 200 EXCHANGES  
SPRINT MEDLEY EXCHANGES  
4 X 400 EXCHANGES  
800 EASY JOG WARMDOWN
- SAT. JAN. 30    **OAC RELAYS**